

1918

Wheatless and Meatless Menus and Recipes

Alice Bradley

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WHEATLESS AND MEATLESS
MENUS AND RECIPES



ALICE BRADLEY

MISS FARMER'S SCHOOL OF COOKERY

BOSTON

Price 25 Cents

WHEATLESS AND MEATLESS
MENUS AND RECIPES

ARRANGED BY

ALICE BRADLEY

OF

MISS FARMER'S SCHOOL OF COOKERY

30 HUNTINGTON AVENUE

BOSTON, MASS.

1918

TX357
B85

To satisfy the appetites of the family, meet their requirements for nutrition and follow the suggestions of the Food Administration to conserve meat, wheat, fats and sugar, requires much intelligence, interest and imagination on the part of the housekeeper.

We hope these recipes, used at Miss Farmer's School of Cookery during the winter of 1917-1918 will help in solving present day problems, and be of use in classes taking Wartime Cookery.

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PLANNING THE MARKET ORDER

To meet the needs of the average individual and follow the suggestions of the Food Administration, one's market order and menus should be planned for in advance, preferably for a week at a time. These must be arranged with several points in mind:—

1. To provide adequate nourishment for each member of the family.
2. To provide only as much food as will be eaten.
3. To prepare it so that it shall appeal to the appetite.
4. To spend only as much money as your budget allows.
5. To follow consistently all the suggestions of the Food Administration as they are published in the papers.
6. To co-operate with your dealer and require not more than one delivery a day.

Adequate Nourishment

The average adult at light work requires enough food to furnish 2,200 to 3,500 calories a day, or an average of 2,500 calories per person. Four adults would thus require 10,000 calories per day or 70,000 calories per week.

A family of two adults and three children requires 70,000 to 80,000 calories per week.

For adequate nourishment foods must be selected from five groups.

GROUP I. Foods Rich in Fat.

Because of the world's shortage of fats it is desirable to limit fat consumption to 12 ounces per week for each adult and 6 ounces for each child.

Butter may be used for the table, but for cooking one should use oleomargarine or nut margarine, liquid or solid vegetable fats or oils, and those fats that are saved from the meat that is purchased.

GROUP II. Foods Rich in Sugar.

Because the beet sugar fields of Europe are practically all under the control of the Germans, much of our sugar must be sent overseas for our soldiers and allies. It is wise for us to limit our consumption of sugar, except for canning, to $\frac{3}{4}$ pound or less per week per person. Most of this will be needed for table use. In cakes, cookies and desserts, half the sugar called for may be replaced by corn syrup, and in breads and muffins, corn syrup or molasses may replace the sugar entirely.

Molasses, honey, syrup and jams should be used in every way to replace sugar as far as possible.

GROUP III. Foods Rich in Protein.

Of this group milk is the most important. Not less than 1 pint of milk for each adult and 1 quart of milk for each child is desirable every day. Meat may without harm be entirely replaced by fish, eggs, cheese, peas, beans, etc. An amount of food rich in protein equivalent to that contained in 2 dozen eggs is sufficient for one person for a week, with milk and cereal foods.

Note: For equivalent amounts see page 3 "FOOD VALUES AND ECONOMIC MENUS," by Alice Bradley.

GROUP IV. Foods Rich in Starch.

Wheat flour has been the chief starchy food purchased. It may be entirely replaced by wheat substitutes, from 2 to 5 pounds per week per person being required. It is better to order a variety of substitutes rather than to depend upon only one or two.

GROUP V. Fruits and Vegetables.

Use these as generously as possible. Order at least 7 pounds per week per person, and as much more as the family will eat or can afford to purchase.

Have a garden if possible, and raise, eat, can and dry these foods to save wheat and meat.

Provide Only as Much Food As Will Be Eaten

The old-fashioned lavish display of food stuffs at table is now not good form. To guard against over-supply or starvation rations, guess work should be stopped and forethought and clever planning should be instituted in ordering market supplies.

Knowledge of food values, and correctly balanced menus for a week, such as are given in this book, will help the housewife to plan to have as much food as will be needed but no undue waste.

The main part of the week's market order, regardless of cost may be planned something like this for each member of the family for one week:

Fat: $\frac{3}{4}$ pound for each adult; $\frac{3}{8}$ pound for each child.

Sugar: $\frac{3}{4}$ pound or less.

Milk: $3\frac{1}{2}$ quarts for each adult; 7 quarts for each child.

Meat and meat substitutes: 2 to 3 pounds; less for children.

Fruit and vegetables: 7 pounds or more.

Flour and cereals: 2 to 5 pounds.

Prepare Food So That It Will Appeal to the Appetite.

It is possible to have food that is appetizing even with less wheat, meat, sugar and fat to use than has been customary. Care in preparation is essential. Simple foods well-cooked are always received with favor, and will provide better nourishment than carelessly made dishes.

Make Food Palatable.

Food accessories, like pimientos, parsley, spices and seasonings, will do very much to make palatable the substitute foods that we are called upon to use. Many familiar recipes can be changed to include food stuffs of which there is an abundance, and release wheat, sugar, fats and meats without altering the results in appearance or flavor.

The cost and variety of the food purchased must depend on personal likes and dislikes, on the food supplied by the home gardens, on the family income and on market prices.

Keep Within Your Budget

Twenty-five per cent of the income has been said to be the ideal amount to spend for food. At prevailing prices and with our modern demand for good things to eat, most families of four or five with incomes of less than two thousand dollars a year spend more than twenty-five per cent for raw material.

Forty per cent of a twelve hundred dollar salary is four hundred and eighty dollars a year, forty dollars a month or ten dollars a week. Can you afford to spend more for food? If the income is less than fifteen hundred dollars a year, the greatest care must be exercised in planning the market order. With larger incomes care must be used to prevent purchasing too much food material, and having it wasted by eating too much or throwing away what is not eaten.

Two dollars per week seems to be the lowest price for which any person can be adequately nourished at present prices where all supplies must be purchased.

Market Orders

In the market orders which follow wheat flour has been entirely eliminated, consequently whatever flour is used has been made of the wheat substitutes, the grains and cereals.

If you try living for a week without any wheat, you will

find a variety of wheat substitutes far more satisfactory to work with than large amounts of any one kind.

It is a simple matter to eliminate wheat breakfast cereals and use oatmeal, corn, barley and hominy.

If oat flour is not obtainable, rolled oats may be forced twice through the food chopper or grain mill, and sifted if wanted very fine. Coarsely ground oatmeal is used in brown bread in place of graham flour. Yeast breads cannot be satisfactorily made without some wheat flour; 50 to 66 per cent giving the best results, therefore breads and muffins made with baking powder, soda and sour milk, or eggs, must be substituted for yeast bread in wheatless meals. As long as there is a shortage of wheat, we must all plan to use small amounts of bread and more cereal than usual, and especially, more potatoes. Because some people are doing less than they might, the rest of us must do more than our share.

Other fruits and vegetables may be substituted for those suggested according to the supplies in the market or the garden, or to the prevailing prices.

The amount of protein food is sufficient, even though no meat is included. It may not be necessary to eliminate meat entirely from our menus, but meat is expensive, and should be used only once a day if at all. The amounts of fat and sugar conform to the suggestions of the Food Administration. The foods here listed supply sufficient energy, building material and ash constituents for one week for four people at light work, three people at moderately active work, or a family of two adults and three children. Where there are children one quart of whole milk should be supplied daily for each child. For a family of two, quantities should be halved so that there may be no waste. Do not be afraid to order small amounts. For a family of six, the addition of one or two extra dishes each day may be more satisfactory than to increase every recipe. All leftovers should be carefully utilized. Top milk and sugar are allowed for coffee and cereal. Half tablespoons of butter or nut margarine weighing $\frac{1}{4}$ ounce each are used for butter balls at each meal where bread is served.

WEEKLY MARKET ORDER FOR 4 ADULTS. COSTING ABOUT \$10.00

For 2 Adults and 3 Children, add 7 quarts of milk

	Measure	Calories
Oleomargarine	2½ pounds	8,500
Salt pork	¼ pound	900
Peanut butter	½ pound	1,400
Dripping	½ pound	2,000
Sugar	3 pounds	5,400
Molasses	1 quart	3,900
Corn syrup	small can	1,600
Rolled oats	2 pounds	3,600
Oatmeal	½ pound	900
Barley flour	1 pound	1,600
White corn meal	1 pound	1,600
Corn meal	3 pounds	4,800
Corn flour	2 pounds	3,200
Cornstarch	¼ pound	400
Pop corn	½ pound	800
Hominy	½ pound	800
Rice	1½ pounds	2,400
Tapioca	2 ounces	200
Milk	14 quarts	9,400
Peanuts	1 pound	2,400
Eggs	14	1,000
Salt mackerel	1 pound	1,100
Fresh fish	3 pounds	600
Salt fish	1 pound	300
Salmon	1 can	660
Beans	1 pound	1,600
Cheese	1 pound	2,000
Potatoes	¾ peck	3,500
Beets	1 pound	150
Onions	2 pounds	400
Carrots	1 pound	150
Cabbage	2 pounds	240
Squash	2 pounds	200
Tomatoes	1 can	200
Raisins	1 pound	1,500
Prunes	1 pound	1,200
Apples	3 pounds	600
Bananas	6	500
		<hr/>
		71,700

MENUS FROM A \$10.00 MARKET ORDER

1. Breakfast

Rolled oats, (1½ pound), milk and sugar
Hoover corn bread Coffee

Luncheon or Supper

Potato and peanut croquettes
Quick raisin bread Baked apples

Dinner

Baked fish	Egg sauce
Baked potatoes	Sliced beets
Rolled oats pudding	

2. Breakfast

Sliced bananas Hominy mush (½ pound)
Toasted raisin bread

Luncheon or Supper

Fish, potato and beet hash	
Eggless oat muffins	Stewed prunes

Dinner

Baked pinto beans(2 times rule)
Wheatless brown bread
Squash Pie Cheese

3. Breakfast

Fried hominy, corn syrup
Toasted brown bread Coffee

Dinner

Salmon box, egg sauce
Mashed potatoes Squash
Newton tapioca pudding

Supper

Brown bread and peanut butter sandwiches
Popcorn nuggets Milk to drink

4. Breakfast

Mashed potato cakes
Corn flour griddle cakes, hot molasses
Milk to drink

Luncheon or Supper

Salmon and cabbage salad Southern spoon corn bread
Sliced bananas

Dinner

Bean polenta Cabbage and apple
Chocolate molasses cake (2 times rule)

5. Breakfast

Corn meal mush (1 cup meal), milk, sugar
Baked beans reheated
Barley baking powder biscuits (2 times rule)
Coffee

Luncheon or Supper

Vegetable chowder Toasted barley biscuits
Chocolate molasses cake Cheese

Dinner

Creamed salt fish Baked potatoes Boiled onions
White corn meal cake Boiled rice
Chocolate karo sauce

6. Breakfast

Oatmeal with raisins Milk
Cornflour muffins Coffee

Luncheon or Supper

Fish and potato cakes Wheatless quick nut bread
Prunes Cereal wafers

Dinner

Rice nut loaf Tomato sauce Creamed potatoes
Wallace pudding Karo sauce

7. Breakfast

Oat and corn mush Milk Sugar
Hominy gems Hashed creamed potatoes

Luncheon or Supper

Cheese and pepper fondue Muffins reheated
Stewed prunes Peanut butter cookies

Dinner

Baked salt mackerel Molded carrots Carrot sauce
Corn sticks Cornstarch peanut pudding

WEEKLY MARKET ORDER FOR 4 ADULTS COSTING ABOUT \$16.50

For 2 Adults and 3 Children add 7 quarts Milk

	Material	Calories
Walnuts	7 ounces	1,200
Almonds	1 ounce	180
Cocoanut	$\frac{1}{4}$ pound	400
Oleomargarine	2 pounds	6,800
Butter	$\frac{1}{2}$ pound	1,700
Oil	$1\frac{1}{8}$ cups	2,250
Peanut butter	5 ounces	800
Chocolate	2 ounces	350
Sugar	3 pounds	5,400
Honey	1 pound	1,480
Molasses	$1\frac{1}{2}$ cups	1,500
Karo	1 large can	2,700
Maple karo	1 can	1,600
Marshmallow cream	3 ounces	200
Milk	14 quarts	9,400
Eggs	$3\frac{1}{2}$ dozen	3,000
Peanuts, shelled	1 pound	2,500
Peas (dried)	$\frac{1}{2}$ pound	800
Beans, soy	$\frac{1}{2}$ pound	800
Whiting	3 pounds	450
Cod cheeks	1 pound	350
Salmon	1 pound	660
Haddock	$2\frac{1}{2}$ pounds	400
Shrimp	1 can	100
Clams	1 pint	200
Buttermilk	3 quarts	900
Neufchatel cheese	2	400
Factory cheese	1 pound	2,000
Evaporated milk	1 small can	300
Corn flour	2 pounds	3,200
Corn meal	1 pound	1,600
Barley flour	$1\frac{1}{2}$ pounds	2,400
Rolled oats	$2\frac{1}{2}$ pounds	4,500
Potato flour	$\frac{1}{4}$ pound	400
Buckwheat	$\frac{1}{2}$ pound	800
Rice	$\frac{1}{2}$ pound	800
Hominy	1 pound	1,600
Samp	$\frac{1}{2}$ pound	800
Oatmeal	$\frac{1}{2}$ pound	900
Tapioca	2 ounces	200
		66,020

		forward	66,020
Bread crumbs	1 pound		1,200
Pop corn	2 ounces		200
Puffed Rice	$\frac{1}{4}$ pound		400
Cornflakes	$\frac{1}{4}$ pound		400
Potatoes	$\frac{3}{4}$ peck		3,500
Sweet potatoes	2 pounds		900
Carrots	2 pounds		300
Turnips	1 pound		100
Oranges	1 dozen		1,000
Lemons	4		150
Strawberries	2 quarts		400
Rhubarb	1 pound		60
Celery	1 bunch		100
Apples	4 pounds		800
Squash	$1\frac{1}{2}$ pounds		150
Beets	1 pound		150
Onions	2 pounds		400
Beans, string	1 can		200
Bananas	4		300
Prunes	$\frac{1}{2}$ pound		600
Raisins	$\frac{1}{4}$ pound		400
Lettuce	1 head		35
Grapefruit	5		500
Tomatoes (fresh)	1 pound		100
Tomatoes	$1\frac{1}{2}$ cans		300
Asparagus	1 can		65
Pineapple	1 can		900
Mushrooms	$\frac{1}{4}$ pound		50
Dandelions	$\frac{1}{2}$ peck		100
Candied cherries	2 ounces		200
Vinegar	$1\frac{1}{8}$ cups		
Tarragon vinegar	3 tablespoons		
Vegex	$1\frac{1}{2}$ teaspoons		
Chili sauce	$\frac{1}{3}$ cup		
Tomato catsup	$\frac{1}{4}$ cup		
Pimientoes	2 small cans		
Green peppers	2		
Pickle	1		
Parsley			
Mint			
Chives			
Maraschino cherries			
Total			79,980

MENUS FROM \$16.50 MARKET ORDER

1. Breakfast

Puffed rice (1/4 pound)	Milk
Corn flour griddle cakes	Maple or maple karo syrup
Creamed potatoes	Coffee

Luncheon or Supper

Baked onions and peanuts Southern pone
Apple and cocoanut salad

Dinner

Baked whiting
Harvard beets

Mashed potato border
Apple tarte

2. Breakfast

Oranges Cornflakes ($\frac{1}{4}$ pound)
Left-over fish and potato cakes
Oat flour muffins Coffee

Luncheon or Supper

Bumichee birds Peanut sauce Steamed potatoes
Toasted muffins Fruit bliss
Barley ginger snaps

Dinner

Soy bean loaf Creole sauce
Potato timbales Asparagus vinaigrette
Wheatless brown bread Cocoanut cheese custards

3. Breakfast

Steamed brown bread
Boiled eggs
Carrot marmalade
Buckwheat waffles
Coffee

Luncheon or Supper

Mock lobster newburg Potato patties
Brown bread sandwiches Cheese and banana salad

Dinner

Miss Alsop's Vegetable roast
Pimiento potatoes Dandelion salad
Brown bread ice cream
1918 Chocolate cake, Marshmallow frosting

4. Breakfast

Baked apples Brown bread milk toast
Coffee

Luncheon or Supper

Pea soup, Flemish style Spanish cheese sandwiches
Quick raisin bread
Rhubarb and Strawberry sauce Chocolate cake

Dinner

Salmon timbales
Sweet potatoes and prunes
String beans with cheese
Burdette sauce
Corn pudding

5. Breakfast

Sliced bananas Hominy ($\frac{1}{2}$ pound)
Wheatless popovers Coffee

Luncheon or Supper

Oatmeal tomato soup Dried pea sandwiches
Spider Johnny cake Corn syrup nougatines

Dinner

Clam pie Sauté squash
Strawberry coupe Scotch oat crackers

6. Breakfast

Grapefruit and orange sections Oatmeal ($\frac{1}{4}$ pound)
Hominy gems Coffee

Luncheon or Supper

Pittsburg samp Mazola salad
Quick nut bread Stuffed prunes

Dinner

White fish and shrimps Spanish potatoes
Molded carrots with spinach
Fruit cocktail
Potato flour sponge cake with honey frosting

7. Breakfast

Fresh fruit Fried Hominy
Maple or corn syrup Quick nut bread, toasted
Coffee

Luncheon or Supper

Soup velour Eggs William Penn
Potato corn meal muffins Red Cross salad

Dinner

Pea soufflé Potato and peanut croquettes
Tomato and asparagus mousseline
Cocoanut cheese custards

Note: In the following recipes all measurements are made level.
Measuring cups divided into thirds and quarters are used, also tea
and table measuring spoons.

WHEATLESS BREADS AND MUFFINS

Oat and Corn Mush. Mix 1 cup rolled oats, $\frac{1}{2}$ cup cornmeal and 1 teaspoon salt. Add slowly to 3 cups boiling water. Boil 5 minutes and cook over hot water or in fireless cooker 3 hours or over night.

Cornmeal and Hominy Mush. Mix $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ cup hominy and 1 teaspoon salt. Add slowly to 4 cups boiling water, boil 5 minutes, and cook over hot water or in fireless cooker 3 hours or over night.

Quick Raisin Bread. Mix and sift 1 cup oat flour, 1 cup corn flour, $\frac{1}{2}$ cup barley flour, 1 teaspoon cream of tartar, 1 teaspoon soda, $1\frac{1}{2}$ teaspoons salt; add $\frac{1}{3}$ cup corn syrup, $1\frac{1}{8}$ cups sour milk, 1 egg well beaten, 2 tablespoons melted shortening, and $\frac{1}{4}$ cup raisins, and beat thoroughly. Bake in a greased bread pan.

Wheatless Quick Nut Bread. Mix and sift 1 cup oat flour, 1 cup barley flour, $\frac{1}{2}$ cup corn flour, 1 teaspoon cream tartar, 1 teaspoon soda, and $1\frac{1}{2}$ teaspoons salt. Add $\frac{1}{3}$ cup molasses, $1\frac{1}{8}$ cups sour milk, 2 tablespoons melted shortening, $\frac{1}{4}$ cup raisins and $\frac{1}{2}$ cup nut meats cut in pieces. Mix thoroughly and bake in greased bread pan.

Wheatless Brown Bread. Soak 1 cup stale muffin crumbs in $1\frac{1}{2}$ cups cold water or milk over night. In the morning rub through colander and add $\frac{1}{2}$ cup molasses, 1 teaspoon salt, 1 cup each barley flour, corn meal, and oatmeal put through the food chopper, 2 teaspoons soda and $\frac{3}{4}$ cup water. Stir until well mixed and steam in baking powder boxes 2 hours.

Barley Baking Powder Biscuit. Mix and sift $1\frac{1}{2}$ cups barley flour, $\frac{1}{2}$ cup potato flour or cornstarch, 4 teaspoons baking powder and 1 teaspoon salt; cut in 2 tablespoons shortening with a knife, add $\frac{3}{4}$ cup milk to make a soft dough (a little more or less may be needed). Roll out, cut, and bake in a hot oven about fifteen minutes.

Barley Muffins. Mix and sift 2 cups barley flour, 5 teaspoons baking powder, and 1 teaspoon salt; add 1 cup milk, 2 tablespoons corn syrup and 1 egg. Beat very hard and bake 25 minutes in greased muffin pans.

Barley Popovers. Mix and sift $\frac{3}{4}$ cup barley flour, $\frac{1}{4}$ cup cornstarch, and $\frac{1}{4}$ teaspoon salt, add gradually 1 cup milk, and when smooth add 2 eggs. Beat 2 minutes with Dover egg beater. Put into hissing hot greased iron muffin pans or popover cups and bake 35 minutes in a hot oven. This mixture may be used for Yorkshire pudding.

Buckwheat Waffles. Mix and sift 2 cups buckwheat flour, 4 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt. Add 2 cups milk, 2 tablespoons molasses, 1 tablespoon melted shortening, 2 egg yolks beaten light, and 2 egg whites beaten until stiff. Heat and grease a waffle iron, put a tablespoon of mixture into each compartment near centre of iron, cover, and cook, turning occasionally, until crisp and brown on both sides. Serve with syrup.

Cornmeal Crisps. Add $\frac{7}{8}$ cup corn meal gradually to 1 cup boiling water and when smooth add $2\frac{1}{2}$ tablespoons melted shortening and $\frac{1}{2}$ teaspoon salt. Spread evenly on a greased inverted dripping pan to $\frac{1}{8}$ inch in thickness, using a long broad-bladed knife. Bake in a moderate oven until well browned. Cut in $2\frac{1}{2}$ inch squares, remove from pan and serve at once.

White Cornmeal Cake. Add 1 teaspoon salt to $\frac{1}{2}$ cup white corn meal, and pour on gradually 1 cup scalded milk. Turn into a buttered shallow pan to the depth of $\frac{1}{4}$ inch. Bake in a moderate oven until crisp. Split and spread with butter.

Hoover Corn Bread. Mix and sift 2 cups yellow cornmeal, 2 tablespoons baking powder and 1 teaspoon salt. Add slowly 2 cups milk, 1 tablespoon melted shortening or cooking oil, and 1 teaspoon corn syrup. Bake in a shallow pan, split, toast and spread with butter.

Corn Sticks. Put 1 cup corn meal, 1 teaspoon salt and $\frac{1}{2}$ tablespoon shortening in mixing bowl. Add boiling water to moisten, mix thoroughly, add 1 teaspoon baking powder and mix again. Shape with a pastry bag and tube on greased baking pan in sticks 4 inches long and bake. Or, add $\frac{1}{2}$ cup milk and cook on hot greased griddle in small oval cakes.

Cracklins Corn Bread. Put 2 cups corn meal, 1 teaspoon salt, 1 tablespoon corn syrup and 1 cup cracklins (scraps left from trying out fat,) in saucepan and add just enough boiling water to moisten. It will take about 2 cups. Add 1 cup sour milk in which is dissolved $\frac{1}{2}$ teaspoon soda and mix thoroughly. Cook on hot greased griddle, or shape with hands and bake on greased sheet in hot oven.

Corn Flour Griddle Cakes. Sift $1\frac{1}{2}$ cups corn flour, $\frac{3}{4}$ teaspoon soda, and 1 teaspoon salt. Add 1 egg, and $1\frac{1}{2}$ cups sour milk. Beat well with a wire whisk, and cook on a hot griddle rubbed over with the cut side of a turnip, instead of being greased.

Corn Flour Muffins. Mix and sift 2 cups corn flour, 5 teaspoons baking powder, and 1 teaspoon salt; add $1\frac{1}{2}$ cups milk, 2 tablespoons corn syrup, 1 tablespoon melted shortening, and 1 egg. Beat very hard and bake 25 minutes in greased muffin pans.

Potato Corn Meal Muffins. Cream 2 tablespoons shortening with 1 tablespoon sugar, add 1 egg well beaten, 1 cup milk, 1 cup mashed potatoes (either fresh or left over) 1 cup corn meal sifted with 4 teaspoons baking powder and 1 teaspoon salt, and bake in hot oven in greased muffin pans.

Corn and Rice Muffins. Turn $\frac{2}{3}$ cup scalded milk on $\frac{1}{2}$ cup corn meal, let stand 5 minutes; add $\frac{1}{2}$ cup cooked rice, and $\frac{1}{2}$ cup barley flour mixed and sifted with 2 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, and 3 teaspoons baking powder. Add yolk of 1 egg well beaten, 1 tablespoon melted shortening, and white of 1 egg beaten stiff and dry.

Corn and Hominy Sticks. Sift together 1 cup corn meal, $\frac{3}{4}$ cup barley flour, 3 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt; then add $\frac{1}{2}$ cup hot boiled hominy to which have been added $\frac{1}{8}$ cup shortening, 1 cup milk and 1 egg well beaten. Turn into greased bread stick pans and bake in a moderate oven 20 minutes.

Hominy Gems. Mix $\frac{1}{2}$ cup scalded milk and $\frac{1}{2}$ cup corn meal, and stir until thick, add $\frac{1}{4}$ cup cooked hominy, 1 tablespoon corn syrup, and 1 tablespoon shortening; mix well, cool slightly, add 1 egg yolk beaten until thick and 1 egg white beaten stiff. Sift in $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{4}$ teaspoon salt, beat thoroughly and bake in greased gem pans.

Iron Spider Johnny Cake. Mix and sift 1 cup corn meal, 1 teaspoon soda, 1 teaspoon salt; add 2 cups sour milk or buttermilk, 2 eggs well beaten, 2 tablespoons shortening, and beat thoroughly. Pour into well greased hot iron frying pan and bake in hot oven 20 minutes.

Southern Pone. To 2 cups of scalded milk add 1 cup granulated corn meal, 1 teaspoon salt, and 2 tablespoons melted shortening. Stir and cook until thick, cool slightly, add 2 well beaten eggs and 2 teaspoons baking powder. Bake in greased baking dish.

Southern Spoon Corn Bread. Add 2 cups white corn meal gradually to $2\frac{1}{2}$ cups boiling water, stir until thick and let stand until cool. Then add $1\frac{1}{2}$ tablespoons melted shortening, $1\frac{1}{2}$ teaspoons salt, yolks of 2 eggs slightly beaten, and $1\frac{1}{2}$ cups buttermilk or sour milk mixed with 1 teaspoon soda. Beat 2 minutes, and add whites of 2 eggs beaten until stiff. Turn into a greased pudding dish and bake in a hot oven 40 minutes.

Eggless Oat Muffins. Grind 2 cups of rolled oats in food chopper. To $\frac{1}{2}$ the flour thus made, add 1 teaspoon salt, 1 tablespoon sugar, $1\frac{1}{2}$ cups milk and 1 teaspoon melted shortening and beat with an egg beater until the mixture is full of bubbles. Add the rest of the flour and 5 teaspoons baking powder. Stand 3 or 4 minutes in muffin pans. Bake in hot oven 20 minutes.

Oat Flour Muffins. Mix and sift $2\frac{1}{4}$ cups oat flour, 4 teaspoons baking powder, and $\frac{1}{2}$ teaspoon salt; add gradually 1 cup milk, 1 egg well beaten, 2 tablespoons molasses and 1 tablespoon melted shortening. Bake in buttered gem pans twenty-five minutes. This may be baked in a bread pan and sliced when cold.

Brown Bread Milk Toast. Scald 3 cups milk; mix $\frac{1}{3}$ cup corn flour with $\frac{1}{2}$ cup cold milk. Add to the scalded milk, stir until thickened, cover and cook twenty minutes. Add 1 teaspoon salt and 1 tablespoon oleomargarine. Meanwhile toast 12 slices stale Boston brown bread, dip each slice separately in the sauce, remove to serving dish, and pour remaining sauce over all.

Dried Peas Sandwiches. Soak dried peas over night and cook until soft in water to cover. Drain, rub through a sieve. To 1 cup cold pea pulp add 1 tablespoon melted butter, 1 teaspoon finely chopped onion, 1 tablespoon French dressing. Spread on thin slices of buttered bread.

Ginger Sandwiches. Mix $\frac{1}{4}$ cup each finely cut Canton ginger and pecan nut meats, 2 tablespoons preserved orange peel, 1 tablespoon ginger syrup and 1 teaspoon vinegar. Spread on thin slices of Victory bread and cover with a second slice of bread.

Radish Sandwiches. Wash 6 radishes and chop finely add 2 tablespoons nut meats and mayonnaise dressing to moisten. Spread between thin slices of war bread.

Spanish Cheese Sandwiches. Put $1\frac{1}{2}$ cups soft cheese through the food chopper, add $\frac{1}{4}$ cup chili sauce. Put over hot water until cheese is soft. Spread between slices of dark bread.

Cereal Wafers. Put $\frac{1}{4}$ cup rolled oats and $\frac{1}{4}$ cup corn meal in sauce pan. Add $\frac{1}{2}$ cup boiling water, cook 1 minute, add 1 tablespoon corn syrup, $\frac{1}{4}$ teaspoon salt, 1 tablespoon vegetable oil, and $\frac{1}{2}$ cup barley flour. Knead thoroughly, roll thin, shape and bake in a moderate oven.

Scotch Oat Crackers. Put 2 cups rolled oats through the food chopper, add $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup molasses, $1\frac{1}{2}$ tablespoons fat, $\frac{1}{4}$ teaspoon soda, 1 teaspoon salt, and $\frac{1}{4}$ cup raisins or nuts cut in pieces. Mix well, roll as thin as possible, cut in fancy shapes and bake in moderate oven about 20 minutes.

WHEATLESS COOKIES AND CAKES

Rice Flour Wafers. Cream $\frac{1}{4}$ cup butter substitute, add $\frac{1}{4}$ cup sugar, 1 unbeaten egg, grated rind of 1 lemon, and $\frac{1}{2}$ cup rice flour; add enough more rice flour to roll. Roll very thin, cut in fancy shapes, and bake gently in a moderate oven.

Oatmeal Crisps. Beat 1 egg until light, add slowly $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup maple karo, $\frac{1}{2}$ tablespoon melted shortening, $\frac{1}{3}$ teaspoon salt, $\frac{1}{4}$ teaspoon vanilla and 1 cup rolled oats. Drop mixture by teaspoonfuls on a greased inverted dripping pan. With a fork dipped in cold water flatten out into circular shape no thicker than a piece of rolled oats. Bake in moderate oven until delicately browned.

Cornflake Fancies. Beat 2 egg whites until stiff, and add gradually $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup corn syrup, and $\frac{1}{3}$ teaspoon salt. Fold in 2 cups cornflakes and $\frac{1}{2}$ cup cocoanut. Drop mixture from tip of teaspoon on a well greased tin sheet 1 inch apart, and spread into circular shape with a fork first dipped into cold water. Bake in a moderate oven until delicately browned. Remove from pan while warm.

Barley Ginger Snaps. Heat $\frac{1}{3}$ cup molasses to boiling point, add $2\frac{1}{2}$ tablespoons shortening, and 1 cup barley flour sifted with $\frac{1}{6}$ teaspoon soda, 1 teaspoon ginger and $\frac{1}{2}$ teaspoon salt. Mix thoroughly, chill, and roll as thin as possible. Shape and bake in moderate oven. Corn flour may be used instead of barley flour if more convenient.

Peanut Butter Cookies. Work $\frac{3}{8}$ cup of peanut butter until creamy, add gradually $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup corn syrup, 1 egg well beaten, $\frac{3}{8}$ teaspoon soda dissolved in $\frac{3}{4}$ tablespoon hot water, and $\frac{3}{4}$ cup barley flour sifted with $\frac{1}{4}$ teaspoon salt and $\frac{3}{8}$ teaspoon cinnamon. Chill, roll thin, cut in fancy shapes, and bake in moderate oven.

Honey Drop Cakes. Cream $\frac{1}{4}$ cup shortening, add slowly $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup honey, 1 egg yolk well beaten, and $\frac{1}{2}$ tablespoon lemon juice. Mix and sift 1 cup barley flour, $\frac{1}{2}$ cup oat flour, 2 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt; add to first mixture, mix thoroughly, and fold in the beaten white of 1 egg. Drop by teaspoonfuls on greased baking sheet and bake in moderate oven.

Victoria Cakes. Cream $\frac{1}{4}$ cup oleomargarine, add slowly $\frac{3}{8}$ cup sugar, add 1 egg, beat thoroughly, add another egg and beat again. Then add the grated rind of 1 orange and 2 tablespoons orange juice. Put $\frac{1}{2}$ cup almond paste and 2 tablespoons rice flour in mortar and

pound together thoroughly. Add to first mixture, put in small greased tins and bake in a moderate oven. This makes 2 dozen small cakes.

Chocolate Molasses Cakes. Mix $\frac{1}{3}$ cup molasses, $\frac{1}{6}$ cup boiling water, and 1 tablespoon shortening. Mix and sift $\frac{1}{2}$ cup barley flour, $\frac{1}{4}$ cup corn flour, $\frac{1}{3}$ teaspoon each soda, cinnamon, and salt. Add to the first mixture with $1\frac{1}{2}$ squares melted chocolate and $\frac{1}{2}$ teaspoon vanilla. Beat thoroughly and bake in small greased muffin pans.

Potato Flour Sponge Cake. Beat yolks of 4 eggs until thick and lemon colored and add $\frac{3}{4}$ cup sugar gradually, while beating constantly; then add whites of 4 eggs beaten until stiff. Mix and sift $\frac{1}{2}$ cup potato flour, 1 teaspoon baking powder and $\frac{1}{4}$ teaspoon salt and cut and fold into mixture. Add $\frac{1}{2}$ tablespoon lemon juice, turn into a greased and floured cake pan and bake in a moderate oven 30 minutes.

1918 Devil's Food Cake. Cream 4 tablespoons nut margarine, add slowly $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup corn syrup, 2 squares melted chocolate, 2 eggs well beaten, 1 cup mashed potato, $1\frac{1}{8}$ cups barley flour sifted with $\frac{1}{2}$ teaspoon salt and 3 teaspoons baking powder. Beat thoroughly, put in greased cake pan, sprinkle with chopped nuts and bake in moderate oven.

1918 Layer Cake. Cream 4 tablespoons nut margarine, add slowly $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup corn syrup, 2 eggs well beaten, 1 cup mashed potato and $1\frac{1}{4}$ cups barley flour sifted with $\frac{1}{2}$ teaspoon salt and 3 teaspoons baking powder. Beat well and bake in greased iron frying pan. Split, spread bottom layer with jelly, put on upper layer, spread with a thin layer of jelly and sprinkle with grated sweet chocolate.

SOUPS

Emergency Bouillon. To $3\frac{1}{2}$ cups boiling water, add $3\frac{1}{2}$ teaspoons Millennium Extract, and when extract is thoroughly dissolved add 1 cup liquid drained from a can of tomatoes. Bring to boiling point and serve with

Vegetable Consommé With Colored Pearls. Put 2 quarts canned tomatoes, in a saucepan with 2 cups water, 4 stalks celery cut in pieces, 8 slices carrot, 1 small onion sliced, 1 small green pepper, sliced after removing seeds, 3 cloves, sprig of parsley, and a blade of mace. Bring to

boiling point and simmer 15 minutes. Add 2 teaspoons vegex, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper and strain. Cool, add the white and shell of one egg, put on fire, stir constantly, and boil two minutes. Let stand until clear and strain through double thickness of cheesecloth. From a scraped carrot and a raw potato cut $\frac{1}{4}$ cup balls with a very small potato ball cutter. Put them in a strainer over hot water and steam until tender. Remove $\frac{1}{4}$ cup balls from a cooked beet, steam until hot together with $\frac{1}{4}$ cup large cooked peas. Add a few pearls of each color to each plate of hot consommé.

Camp Soup. Dilute a small can ($\frac{3}{4}$ cup) unsweetened evaporated milk with $1\frac{3}{4}$ cups water; add 1 teaspoon vegex extract dissolved in $\frac{1}{4}$ cup water, and a few drops onion juice. Melt 1 tablespoon butterine, add 1 tablespoon flour, stir until smooth, add gradually while stirring constantly liquid mixture, bring to boiling point, season highly with salt, pepper and cayenne, and serve.

Conservation Soup. Chop $\frac{1}{3}$ cup carrots and 1 medium sized onion and cook until delicately brown in 2 tablespoons oleomargarine. Add 1 quart water in which spinach, Swiss chard or other vegetable has been cooked and let simmer 30 minutes. Add 1 pint milk, 3 tablespoons tomato catsup, salt, pepper, and celery salt to taste. Re-heat and strain. For each person cut a small round piece of bread, toast it, cover with grated cheese, put in oven until cheese melts; put cheese side down in soup plate and pour the soup on top.

Soup Velour. Put 3 cooked carrots, 3 stalks celery and 1 small onion through food chopper. Cook in 2 tablespoons oleomargarine 15 minutes being careful not to burn vegetables. Add 1 pint vegetable stock, white stock, or water, simmer $\frac{1}{2}$ hour and rub through sieve. Melt 1 tablespoon of oleomargarine, add 1 tablespoon corn flour, 1 teaspoon salt, $\frac{1}{8}$ teaspoon pepper, few grains cayenne, $\frac{1}{2}$ tablespoon lemon juice and the hot soup. Stir until mixture boils, add 2 tablespoons quick cooking tapioca and cook gently until tapioca is clear. Add 2 cups milk, bring to boiling point and serve.

Oatmeal Tomato Soup. Put together in a soup kettle the following ingredients; 1 can tomatoes, $\frac{3}{4}$ cup oatmeal, 4 cups water, 2 tablespoons sugar, 1 small onion chopped, 2 teaspoons salt, $\frac{1}{4}$ teaspoon pepper, 4 tablespoons peanut butter and a bit of bay leaf. Cook one hour, rub through a strainer, add more salt and pepper if needed and serve hot.

African Soup. Scald 1 quart milk with 1 slice onion, 1 cup mashed potato, white or sweet, and $\frac{1}{3}$ cup cooked squash. Melt 3 tablespoons oleomargarine, add 2 tablespoons barley flour, $1\frac{1}{2}$ teaspoons salt, few grains each pepper and nutmeg, and the hot liquid. Stir and boil five minutes. Strain, add 2 pimientos rubbed through a purée strainer, and a few grains salt.

French Mussel Soup. Put one pint mussels in a strainer, pour over $\frac{1}{4}$ cup water, pick over mussels, removing head and beard, and chop slightly. Add to liquor, heat slowly to boiling point and simmer 20 minutes. Strain through cheesecloth and add to 2 tablespoons each oleomargarine and corn flour, and stir till it boils. Scald two cups milk with one small slice onion, one blade mace, one stalk celery and a bit of parsley. Strain into the soup. Beat one egg yolk slightly, add with $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon paprika to the hot soup. Cook over hot water one minute and serve immediately.

Cream of Peanut Butter Soup. Scald 1 quart of milk with 1 slice onion. Mix 6 tablespoons peanut butter with 2 tablespoons barley flour, add to scalded milk, stir until smooth, and cook fifteen minutes. Add 1 teaspoon salt and a few grains pepper.

Potage Albert. Soak 1 cup lima beans over night in 4 cups water. In the morning add 1 cup string beans, and bring to boiling point. Add 1 potato and cook until potato is soft. Put in 1 tomato, fresh or canned, leave 2 minutes, remove both potato and tomato and mash to a smooth paste with 1 tablespoon olive oil. Let the beans cook until soft, add the potato mixture, $\frac{3}{4}$ teaspoon salt and pepper to taste, and serve.

Thick Vegetable Soup. Soak $\frac{1}{4}$ cup each dried split peas and dried white beans over night. Drain, cover with $1\frac{1}{2}$ quarts cold water, heat gradually and cook slowly until tender. Add 1 cup potato, $1\frac{1}{2}$ cups celery, $\frac{1}{2}$ cup turnips, $\frac{1}{2}$ cup carrots, all cut in small cubes, and 1 onion sliced. Cook until vegetables are soft, add $1\frac{1}{2}$ teaspoons salt, 1 tablespoon chopped parsley and serve.

Pea Soup, Flemish Style. Pick over and wash $\frac{1}{2}$ cup dried peas, cover with 1 quart cold water and soak over night. In the morning add 2 slices onion, 6 cloves, 12 peppercorns, bit of bay leaf, 2 teaspoons salt and cook until soft. Prepare $\frac{1}{4}$ cup each carrot, turnip, onion and celery cut in small pieces, and cook 5 minutes stirring constantly in 2 tablespoons dripping. Add 1 pint boiling water and cook until soft. Rub peas through a sieve, add vegetables

with water in which they were cooked, more water if needed to make the right consistency, and salt and pepper to taste. Bring to boiling point, add 2 tablespoons barley flour mixed with 3 tablespoons cold water. Stir and cook 5 minutes and serve.

Vegetable Chowder. Cut 4 potatoes and 3 carrots in small pieces, add water to cover, and 1 tablespoon each finely chopped celery tops and green pepper if convenient and boil gently until tender. Add 3 finely chopped onions browned in 2 tablespoons dripping and 2 cups canned tomatoes. Bring to boiling point, add 2 cups milk, 3 tablespoons barley flour mixed until smooth with $\frac{1}{4}$ cup cold water, and 2 teaspoons salt. Bring to boiling point, stirring constantly until mixture thickens.

MEAT SUBSTITUTES

Eggs William Penn. To 2 cups mashed potato add 1 egg yolk, beat thoroughly and shape in 4 cases the size of a muffin ring, on a dish that can go to the table. Dilute 1 egg white with $\frac{1}{2}$ tablespoon cold water; with this brush over the potato, and glaze in the oven. Melt 2 tablespoons oleomargarine, add 2 tablespoons cornstarch mixed with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon paprika, add $1\frac{1}{2}$ cups milk and stir until sauce boils. Add $\frac{1}{2}$ cup sauce to 1 cup cooked peas and when very hot place in the bottom of the potato cases and on top of the peas place a poached egg. To remaining sauce add $\frac{1}{3}$ cup grated cheese and 2 egg yolks slightly beaten. Heat gently over hot water stirring until smooth and thickened, pour over the eggs and sprinkle with 2 tablespoons cheese. Put under gas flame until cheese is melted and slightly browned; serve at once.

Soy Bean Loaf. Soak 1 cup soy beans over night, drain, cover with fresh water, add 1 small onion, $\frac{1}{2}$ teaspoon salt, 1 clove, $\frac{1}{4}$ teaspoon thyme, 1 bay leaf. Cook until tender, $\frac{1}{2}$ hour on stove and over night in the fireless cooker if convenient. Boil until water is evaporated. Put beans through the food chopper, add 1 cup bread crumbs, $\frac{1}{4}$ cup tomato catsup, 1 pimiento cut in strips and salt and pepper to taste. Shape in bread pan, turn out, sprinkle with dry bread crumbs and bake $\frac{3}{4}$ hour. Serve with Creole Sauce.

Creole Sauce. Melt 1 tablespoon fat, add 1 tablespoon flour and brown together. Add 1 cup tomatoes and 1 slice onion and cook until thick. Strain, reheat with $\frac{1}{2}$ cup chopped green pepper and salt to taste and serve.

Baked Pinto Beans. Soak 1 cup pinto beans all day and all night. Next morning drain, add fresh water to cover, $\frac{1}{2}$ teaspoon soda and bring to the boiling point. Drain and rinse thoroughly with cold water. Put in bean pot, in centre bury $2\frac{1}{2}$ ounces of salt pork. Mix together 1 teaspoon salt, 1 tablespoon molasses, $\frac{1}{2}$ teaspoon mustard, $\frac{1}{2}$ cup of boiling water, $\frac{1}{2}$ small onion finely chopped. Pour over the beans with enough more water to cover. Bake slowly all day adding water as needed.

Bean Polenta. Pick over and wash 1 cup beans, soak over night, drain, cover with cold water and cook until soft and water is evaporated. Rub through strainer, or put through food chopper. Mix 1 tablespoon molasses, 1 tablespoon dripping, 1 tablespoon vinegar, $\frac{1}{2}$ teaspoon mustard, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Mix beans with seasonings, cook in frying pan like hash; when brown fold and turn out on platter. Left-over baked beans can be reheated in this way.

Rice and Peas. Wash 1 cup dried peas and soak over night in cold water. Drain, cover with fresh water, add 1 teaspoon salt, 1 bay leaf, 3 sprigs parsley and few grains each pepper and mace, and cook until soft. Drain and mash. Chop 1 onion and cook until yellow in 3 tablespoons dripping, add peas, 1 cup rice, boiled, 1 tablespoon butterine and more seasoning if necessary. Stir to get very hot, turn into hot dish and serve with or without tomato sauce.

Pea Soufflé. Melt 4 tablespoons fat, add 4 tablespoons flour and 1 cup milk; stir until mixture boils. Add 1 cup mashed cooked peas, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, few drops onion juice, 3 egg yolks beaten until thick and lemon colored; fold in 3 egg whites beaten stiff, put in chafing dish, cover and cook over hot water until firm.

Rice Nut Loaf. Mix 1 cup each boiled rice, chopped peanuts, and dried bread crumbs. Add 1 beaten egg, 1 cup milk, $1\frac{1}{2}$ teaspoons salt, and $\frac{1}{4}$ teaspoon pepper. Turn into small buttered bread pan, pour 1 tablespoon melted butterine over top, set in pan of hot water, and bake one hour in moderate oven. Serve on hot platter surrounded with Tomato Sauce.

Tomato Sauce. Melt and brown 2 tablespoons butterine, add 2 tablespoons barley flour, and when brown add 2 cups strained tomatoes and 2 teaspoons onion juice. Stir until mixture boils, and add $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

Miss Alsop's Vegetable Roast. Cook $\frac{1}{4}$ pound or $\frac{1}{2}$ cup rice in $1\frac{1}{2}$ cups boiling water until tender. Finely chop 3 small onions, cook in 3 tablespoons dripping until yellow; add 1 egg well beaten and the cooked rice, 1 cup bread crumbs, 1 cup chopped walnuts, 1 teaspoon chopped parsley, $\frac{1}{2}$ teaspoon poultry seasoning, and 1 teaspoon salt. Mix well, shape in a loaf, and place in baking dish. Bake 1 hour in moderate oven basting frequently with melted dripping. Serve with Brown Sauce.

Brown Sauce. Melt 2 tablespoons oleomargarine, add 1 slice onion and cook until oleomargarine is well browned, add 3 tablespoons barley flour mixed with $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper, and stir until flour is browned. Then add 1 cup boiling water in which has been dissolved 1 teaspoon vegex. Stir until sauce boils, and strain.

Scalloped Onions with Peanuts. Remove skins from 6 onions, and cook in boiling salted water until soft. Chop $\frac{2}{3}$ cup roasted peanuts, and make 1 cup white sauce, using 2 tablespoons each oleomargarine and corn flour, 1 cup milk, 1 teaspoon salt and $\frac{1}{2}$ teaspoon paprika. Put onions, peanuts and white sauce in alternate layers in baking dish, cover with $\frac{1}{2}$ cup bread crumbs mixed with 2 tablespoons melted oleomargarine, and bake in a hot oven until brown. Cooked cabbage may be substituted for the onions.

Potato and Peanut Croquettes. Mix 1 cup mashed sweet or white potato, 1 cup finely chopped peanuts, $\frac{1}{2}$ teaspoon salt and a few grains cayenne pepper. Shape like croquettes, roll in $\frac{1}{2}$ cup fine bread crumbs mixed with 2 tablespoons melted oleomargarine, and bake in a hot oven until brown. Serve with 1 cup white sauce mixed with 2 tablespoons Chili sauce.

Buttermilk Cheese. Put buttermilk in double boiler, heat slowly to 140 degrees. Remove from fire, let stand $\frac{1}{2}$ hour, strain through cheesecloth, pour over 1 quart warm water and drain again. Repeat if the curd has an acid taste. Add salt to taste and use in any way in which Neufchatel or cottage cheese is used.

Bumichee Birds. Cook 2 slices onion in 2 tablespoons dripping 5 minutes. Add $\frac{1}{2}$ cup water and 1 teaspoon vegex and stir until dissolved. Strain and add 1 cup cottage cheese, 1 cup coarse dry bread crumbs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper and shape in the form of birds, or into small cakes. Roll in $\frac{1}{4}$ cup fine bread crumbs mixed with 1 tablespoon dripping and bake in hot oven until brown. Serve on platter with French Steamed Potatoes, String Beans and Peanut Butter Sauce.

Peanut Butter Sauce. Melt 1 tablespoon dripping, add 2 tablespoons peanut butter and 3 tablespoons barley flour; stir until brown. Add $1\frac{1}{2}$ teaspoons vegex, $1\frac{1}{2}$ cups water, $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper, stir until vegex dissolves, boil gently 5 minutes and strain.

Bumichee Timbales. Melt 2 tablespoons oleomargarine, add $\frac{1}{4}$ cup stale bread crumbs and $\frac{2}{3}$ cup milk and cook 5 minutes, stirring constantly. Add 1 cup buttermilk or cottage cheese, $\frac{1}{2}$ tablespoon chopped parsley, 2 eggs slightly beaten, $\frac{2}{3}$ teaspoon salt and $\frac{1}{2}$ teaspoon paprika and mix well. Turn into greased individual molds, set in pan of hot water, cover with greased paper and bake 20 minutes. Serve with Tomato Sauce.

Pittsburg Samp. Soak 1 cup samp in cold water to cover over night. Drain, add 1 quart boiling water, 2 teaspoons salt, boil 10 minutes, and cook in fireless cooker or in double boiler 5 or 6 hours or over night. Add 1 finely chopped onion, cook 5 minutes. Add 3 pimientos cut in small pieces, cook 7 minutes, and turn into a greased baking dish. Pour over 2 cups white sauce mixed with $\frac{1}{2}$ pound mild cheese, and $\frac{1}{2}$ teaspoon salt. Cover with buttered crumbs and bake until brown.

Cheese and Pepper Fondue. Grease a baking dish and sprinkle with 2 tablespoons each of red and green finely chopped pepper. Mix 1 cup each corn cake crumbs, scalded milk and cheese that has been put through the food chopper. Add $\frac{3}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika, few grains mustard, 2 egg yolks beaten until thick, and fold in 2 egg whites beaten stiff. Turn mixture into baking dish and bake in slow oven 25 minutes. Mashed potato may be substituted for the crumbs and canned tomato for the scalded milk if desired. The peppers may be omitted.

Baked Fillets of Fish. Skin a large flounder, a small haddock, or other fish weighing about 2 pounds, and remove bones. Sprinkle fillets thus prepared with salt and pepper, brush with 1 tablespoon melted fat to which has been added 1 teaspoon lemon juice, and a few drops onion juice. Roll up each fillet and fasten with a small wooden skewer. Put in a greased plate, sprinkle with corn flour and bake 12 minutes in a hot oven. Remove skewers, arrange fish on platter for serving, garnish with hard cooked eggs and surround with Egg Sauce.

Egg Sauce I. Cook skin and bones of fish with 3 slices carrot, 1 slice onion, sprig of parsley, bit of bay leaf, $\frac{1}{4}$ teaspoon peppercorns, and 2 cups cold water 30 minutes and strain; there should be 1 cup. Melt 1 tablespoon fat,

add 1 tablespoon cornstarch and the fish stock. Stir until smooth and let boil 5 minutes. Add $\frac{1}{4}$ teaspoon salt, few grains paprika, 1 hard cooked egg chopped, and 1 teaspoon lemon juice or vinegar.

White Fish with Shrimps. Skin and bone a white fish, cusk, or other medium sized fish, lay 1 fillet in a greased platter and sprinkle with salt, pepper and lemon juice. Make a stuffing by mixing together 1 cup boiled rice or soft bread crumbs, $\frac{1}{2}$ cup shrimps broken in pieces, $\frac{1}{2}$ cup mushrooms peeled, broken in pieces and sautéd in $\frac{1}{4}$ cup oleomargarine, $\frac{1}{2}$ cup fish stock, $\frac{1}{4}$ teaspoon thyme, 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika and a few grains cayenne. Spread on the fish, cover with the second fillet and bake 30 minutes, basting with fish stock. Remove from oven and on top of the fish arrange whole shrimps and sautéd mushroom caps. Cover with sauce, sprinkle with grated cheese and glaze in the oven.

Martin Sauce. Melt 2 tablespoons oleomargarine, add 3 tablespoons rye flour mixed with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon paprika. Then add $\frac{3}{4}$ cup fish stock and $\frac{3}{4}$ cup top milk. Stir until boiling point is reached. Add $\frac{1}{2}$ cup grated cheese and pour sauce onto 2 egg yolks slightly beaten.

Salt Mackerel Baked. Wash a salt mackerel and soak in cold water 48 hours, changing the water several times. Drain, rinse, wipe with cheesecloth, brush with melted fat, season with pepper, dredge with flour, and put in a greased baking pan. Surround with raw potatoes cut in very thin slices; season with salt and pepper and dredge with flour. Separate 1 sliced onion into rings and arrange on fish and potatoes, cover with top milk and bake in a quick oven until the potatoes are tender.

Baked Whiting. Whiting will probably be frozen, and should be thawed out in cold water. Then remove skin and bones, arrange fillets in a glass baking dish, sprinkle with salt and pepper, brush with melted oleomargarine, almost cover with milk and bake in a hot oven until flakes of fish separate slightly. Remove from oven, garnish with potato border, (using pastry bag and tube,) and strips of pimienta and parsley.

Crabmeat Croquettes. Put $\frac{1}{4}$ cup each carrot, turnip, onion and green pepper through the food chopper. Cook in 2 tablespoons fat 5 minutes. Add 1 cup tomato, 4 cloves, bit of bayleaf, $\frac{1}{4}$ teaspoon peppercorns and $\frac{1}{2}$ cup water and cook until vegetables are soft. Strain, reheat, add 3 tablespoons flour mixed with 1 teaspoon salt and 3

tablespoons cold water, stir and boil 5 minutes, add 1 cup crabmeat and put aside until cold. Shape, roll in $\frac{1}{2}$ cup fine bread crumbs mixed with 2 tablespoons melted fat, and bake in hot oven until brown.

Fish Ring. Remove skin and bones from a $2\frac{1}{2}$ pound cooked cod and put fish through food chopper. Add 4 tablespoons cooked rice, $1\frac{1}{2}$ teaspoons poultry seasoning, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 2 small eggs well beaten, and rice water to moisten. Pack in a ring mould and steam thirty minutes. Turn out on a chop plate, surround with tomato sauce made from 1 cup of tomato soup seasoned highly with lemon juice, salt, and pepper. Fill the center with potato balls sprinkled with chopped parsley.

Mock Lobster Newburg. Cook 1 pound cod's cheeks in 2 cups boiling water with 3 slices carrot, 1 slice onion, 1 sprig parsley, 2 tablespoons vinegar, bit of bay leaf, $\frac{1}{4}$ teaspoon peppercorns and 1 teaspoon salt. When tender, drain, cut in cubes, and cover with 2 tablespoons lemon juice and 1 teaspoon paprika. Melt 3 tablespoons oleomargarine, add the fish and cook 3 minutes. Add $\frac{1}{2}$ teaspoon salt, few grains cayenne, 2 tablespoons pimienta chopped fine, and $\frac{1}{3}$ cup thin cream. When mixture boils dilute 2 egg yolks with some of the liquid, combine mixtures, cook over hot water until thickened, and serve in mashed potato border.

Salmon Timbales. Thoroughly rinse 1 pound can salmon, remove skin and bones, separate fish into flakes, and add 1 teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 2 teaspoons lemon juice, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup boiled rice, and 2 egg yolks beaten until thick and lemon colored. Fold in 2 egg whites beaten until stiff, put in greased timbale molds, set in pan of hot water and bake until firm. Turn out and serve with Burdette Sauce.

Burdette Sauce. Mix 1 teaspoon English mustard, 1 teaspoon Worcestershire Sauce, 1 tablespoon chili sauce, 3 tablespoons mayonnaise dressing, 1 pimienta cut in small pieces, $\frac{1}{8}$ teaspoon paprika and $\frac{1}{2}$ teaspoon salt. Melt 1 tablespoon oleomargarine, add 1 tablespoon barley flour, when blended add $\frac{1}{2}$ cup milk and cook, stirring constantly until mixture boils. Add first mixture and serve hot.

Salmon Box. Line a bread pan slightly buttered with warm boiled rice. Fill the centre with $\frac{1}{2}$ can salmon flaked and seasoned with salt and pepper. Cover with rice and steam one hour. Turn on a hot platter for serving and surround with Egg Sauce.

Egg Sauce II. Melt 2 tablespoons butterine, add 3 tablespoons buckwheat flour, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper; pour on gradually $1\frac{1}{2}$ cups milk or hot water. Stir constantly and boil two minutes, then add to 1 egg yolk slightly beaten and seasoned with 1 teaspoon lemon juice or vinegar.

Clam Pie. Clean 1 pint soft shell or hard shell clams, remove the black part and chop the clams. Put into a greased baking dish, on top put 4 cold cooked potatoes cut in slices and mixed with 1 cup white sauce. Mash 3 cooked carrots, and season with salt, pepper and oleomargarine. Put carrots on top of the potatoes, pressing down well. Sprinkle with $\frac{1}{2}$ cup bread crumbs mixed with $\frac{1}{4}$ cup grated cheese. Over all pour $\frac{1}{2}$ cup milk and bake until brown.

VEGETABLES

Harvard Beets. Mix 2 tablespoons sugar, 2 tablespoons corn syrup, $\frac{1}{4}$ tablespoon cornstarch and $\frac{1}{4}$ cup vinegar. Boil 5 minutes. Cut 4 large or 6 small cooked beets in cubes, add to sauce, let stand $\frac{1}{2}$ hour, reheat and serve.

Asparagus Loaf. Line a greased mold with well drained, cooked asparagus tips. In a saucepan melt 2 tablespoons butter substitute, add 2 tablespoons flour, and when well blended add 1 cup asparagus water left from cooking the asparagus, bring to the boiling point, add 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Pour over 4 well beaten eggs, add $1\frac{1}{2}$ cups cooked asparagus cut in $\frac{1}{2}$ inch pieces, turn into the mold, set in a pan of hot water and bake in a moderate oven. Unmold on a platter and surround with white sauce.

String Beans with Cheese. Remove strings from 2 quarts of beans and cut lengthwise in two or three pieces. Cook in boiling salted water until tender. Drain, reserving liquor for a soup. Put beans in serving dish, season with salt and cayenne, add $\frac{1}{2}$ cup grated cheese and $\frac{1}{4}$ cup top milk. Stir until well mixed, sprinkle with $\frac{1}{6}$ cup cheese, dot over with 1 tablespoon butter and reheat in hot oven or under gas flame.

Spinach Soufflés. Melt $1\frac{1}{2}$ tablespoons oleomargarine, add $\frac{3}{4}$ tablespoon barley flour, and $1\frac{1}{2}$ cups chopped spinach. Add 3 tablespoons milk which has been scalded with $\frac{1}{4}$ slice onion, $\frac{1}{2}$ slice carrot, 2 peppercorns, a bit of bay leaf and of mace, and strained; then add, one at a time, 2 egg yolks; beat well, and fold in 2 egg whites beaten stiff. Butter individual soufflé molds, fill $\frac{3}{4}$ full of mixture and bake in a moderate oven 10 to 15 minutes.

Molded Carrots. Chop finely four cooked carrots. Add two tablespoons oleomargarine, 1 egg slightly beaten, salt and pepper to taste. Pack in greased molds, set in hot water, and cook until firm. Serve with spinach and carrot sauce.

Carrot Sauce. Cook $\frac{3}{4}$ cup water from the carrots with one small slice onion, bay leaf, sprig parsley, and 3 peppercorns until reduced to $\frac{1}{2}$ cup. Melt 2 tablespoons oleomargarine, add 2 tablespoons corn flour, the carrot water, $\frac{1}{2}$ cup milk, $\frac{1}{4}$ teaspoon salt and a few grains pepper. Stir until sauce boils and strain.

Dried Spinach. Cover 1 pint dried spinach with cold water. Soak several hours and cook in the same water until soft and water has evaporated. Chop finely, add 2 tablespoons oleomargarine, and season with salt and pepper.

Ramekin of Parsnips. Wash parsnips, cook in boiling salted water until tender, remove skins, and cut tender part in small cubes. The tough part of the parsnips and the water in which they were cooked may be reserved for soup. Mix 2 cups of parsnip cubes, 3 tablespoons of chopped blanched almonds, 3 tablespoons of top milk or cream and salt and pepper to taste. Put in ramekin dishes, sprinkle with 3 tablespoons of bread crumbs mixed with 1 tablespoon chopped blanched almonds, and 1 tablespoon melted nut margarine. Bake in a hot oven until crumbs are a delicate brown.

Ramekin of Dandelions with Cheese. Wash dandelions thoroughly and cook in a small amount of boiling salted water until tender; chop finely. In each ramekin put a layer of cooked dandelions, sprinkle with $\frac{1}{2}$ teaspoon grated cheese and a few grains each salt and pepper. Put in another layer of dandelions, cheese and seasonings having cheese on top. Bake until heated through.

Red Cabbage with Apple. Shred one medium size red cabbage, add 2 sliced apples, 2 tablespoons sugar, 1 teaspoon salt, $\frac{1}{4}$ cup vinegar, and $1\frac{1}{2}$ cups water. Cook, uncovered, until tender. Drain, add 2 tablespoons dripping and more seasoning if necessary.

Broiled Peppers. Wash green peppers, cut in half lengthwise, remove the seeds, and leave in cold water until wanted. Brush over with oil and broil under a clear flame until tender. Spread with softened butter and sprinkle with salt and pepper.

Sauted Turban Squash. Cut turban squash in slices $\frac{1}{2}$ inch thick, sprinkle with salt and pepper, coat thickly with corn flour, and sauté in oleomargarine or drippings until nicely browned on both sides. Sprinkle centres with a bit of chopped parsley.

Tomato and Asparagus Mousseline. Cook $\frac{1}{2}$ cup hominy in 2 cups boiling water with $\frac{1}{2}$ teaspoon salt three hours or over night. Add 1 beaten egg, mix well, and put in a baking powder box rinsed with cold water. When cold remove from tin, cut in slices, and arrange in baking dish. On each slice place a small tomato from which a portion of the centre has been removed. Bake gently until soft, being very careful that tomatoes do not lose their shape. Remove to serving dish. In each tomato place 3 asparagus tips, drained and heated over boiling water, and pour over all Mousseline Sauce.

Mousseline Sauce. Melt 1 tablespoon oleomargarine, add 1 tablespoon corn flour, then pour on gradually $\frac{3}{4}$ cup well seasoned asparagus or vegetable stock and $\frac{1}{4}$ cup top milk or cream. Stir constantly until sauce boils, add to 1 egg yolk and $\frac{1}{2}$ tablespoon lemon juice; season with salt and pepper.

Creamed Potatoes. Melt 2 tablespoons butter substitute, add 2 tablespoons corn flour mixed with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon paprika, and when smooth add slowly $1\frac{1}{2}$ cups milk. Stir until sauce boils, add 4 cold boiled potatoes cut in small cubes and let stand over hot water until heated through.

Potato Timbales. Cook potatoes with jackets on in boiling salted water. Cool slightly, peel, chop rather finely and season with salt, pepper, butter substitute, onion juice, and moisten with top milk. Grease timbale molds, brush insides generously with butter substitute and sprinkle with soft stale bread crumbs. Pack in the potato and bake in a hot oven. Remove from molds for serving. ;

Mashed Potato with Pimiento Sauce. Pile well beaten, mashed potato in baking dish, cover with sauce made with 2 tablespoons oleomargarine, 3 tablespoons corn flour, $\frac{3}{4}$ cup milk, 3 tablespoons pimiento pureé, salt and pepper to taste. Bake until very hot. The pimiento pureé is made by forcing 3 pimientos through a sieve.

Hashed Creamed Potatoes. Reheat creamed potatoes in hot greased frying pan. Let them brown on the bottom slightly, and fold like an omelet.

Spanish Potatoes. Wash, pare and cut potatoes in thin slices, cover with cold water and let stand 15 minutes. Drain and cook in boiling salted water for 2 minutes, again drain, spread in a greased dripping pan, bake until soft, basting twice with $\frac{1}{4}$ cup melted fat to which have been added 1 tablespoon lemon juice, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon paprika.

Sweet Potatoes and Prunes. Cut four large cooked sweet potatoes in $1\frac{1}{2}$ inch slices crosswise. Place slices in a baking dish, and on each slice place a steamed prune from which the stone has been removed. Over all pour a mixture of 3 tablespoons corn syrup, 4 tablespoons hot water, and 1 tablespoon lemon juice. Bake slowly in the oven until they are candied, basting often with the syrup.

Sweet Potato Shoreham. Boil four large sweet potatoes and cut in $\frac{1}{4}$ inch slices lengthwise. Brush with melted oleomargarine and arrange in a glass baking dish. Lay sections of orange on each slice of potato. Pour over $\frac{1}{2}$ cup maple syrup and bake in a moderate oven, basting frequently until the syrup is almost all absorbed by the potato.

SALADS

Asparagus Vinaigrette. Mix in small jar $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon paprika, few grains cayenne, $\frac{1}{2}$ tablespoon tarragon vinegar, 1 tablespoon cider vinegar, 3 tablespoons oil, $\frac{1}{2}$ tablespoon chopped pickle, $\frac{1}{2}$ tablespoon chopped green pepper, and $\frac{1}{2}$ teaspoon each chopped parsley and chives. Chill, shake thoroughly and serve on chilled cooked asparagus.

Dandelion Salad. Mix $1\frac{1}{2}$ cups cooked dandelion greens with 2 tablespoons pimienta cut in small pieces, few drops onion juice, 1 hard cooked egg chopped, salt, pepper and celery salt to taste. Pack in a ring mold and chill. When ready to serve turn out on serving dish, in centre put heart leaves of lettuce and serve with salad dressing.

Jo's Dressing. Mix in double boiler 1 teaspoon salt, 1 teaspoon mustard, 2 teaspoons sugar, few grains of cayenne, 1 tablespoon cornstarch, add 1 whole egg or 2 yolks. Mix thoroughly, then add 2 tablespoons oleo-margarine or vegetable oil, $\frac{1}{2}$ cup evaporated milk, $\frac{1}{4}$ cup cold water and $\frac{1}{4}$ cup vinegar. Cook over boiling water stirring constantly until mixture thickens. Strain and cool. When ready to use this dressing if it seems too thick dilute with evaporated milk.

Mazola Salad. Arrange salad greens in salad bowl and serve with Mazola dressing. Put in salad dressing bottle 4 tablespoons Mazola, 2 tablespoons tarragon vinegar, 2 teaspoons Worcestershire sauce, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, 2 drops tabasco sauce, and shake well before using.

Tomato Jelly Salad. Drain juice from 1 can tomatoes. To 1 pint juice add $\frac{1}{4}$ cup mild vinegar, 2 tablespoons granulated gelatine, 1 tablespoon sugar, bit of bay leaf, 2 slices onion, $1\frac{1}{2}$ tablespoons lemon juice and leaves from 2 stalks celery. Stir until boiling point is reached and gelatine is dissolved and strain. Set the jelly in crushed ice and when it begins to stiffen add $\frac{1}{2}$ cup shredded crisp dandelion leaves or cabbage. Mould jelly, serve on lettuce leaves, and garnish with yolks and whites of hard cooked eggs, green peppers and scallions.

Kentucky Salad. Pare, finely chop, and drain cucumber, to make $\frac{1}{2}$ cup. Add $\frac{1}{2}$ cup canned pineapple finely chopped and drained. Soak $1\frac{1}{4}$ tablespoons gelatine in $\frac{1}{4}$ cup cold water, dissolve in $\frac{1}{4}$ cup boiling water and add to first mixture. Add 2 tablespoons sugar, $\frac{1}{4}$ cup vinegar, $\frac{2}{3}$ cup pineapple syrup, 1 tablespoon each tarragon vinegar and lemon juice and a few grains salt. Mold, chill, and serve on lettuce with French Dressing.

Barley Salad. Soak $\frac{1}{3}$ cup barley over night and cook in boiling water until soft. Drain, add $\frac{1}{4}$ cup chopped peanuts, 1 pimiento chopped, 2 large apples cut in Julienne pieces, 1 stalk celery cut fine. Mix with Boiled or Mayonnaise Dressing and serve on shredded lettuce.

Apple and Cocoanut Salad. Pare 2 apples and cut in matchlike pieces. Add an equal amount of celery cut in small strips and crisped in ice water, $\frac{1}{4}$ cup shredded cocoanut and $\frac{1}{4}$ cup shredded blanched almonds. Mix with cooked salad dressing and serve on lettuce. Garnish with maraschino cherries with celery stems.

Cheese and Banana Salad. Remove skin from two bananas, scrape and cut in halves lengthwise. Mix 1 Neufchatel cheese with 2 tablespoons chopped mint leaves, a few grains salt, and top milk to moisten. Spread $\frac{1}{2}$ mixture on two slices of banana, cover with other pieces of banana, press firmly and cut bananas again in two lengthwise at right angles to first cut. Spread with remaining cheese, cover, press firmly, and cut bananas in slices crosswise. Arrange on lettuce leaves and serve with French Dressing.

Red Cross Salad. Cut 2 slices pineapple in two crosswise; pare a large naval orange and cut in slices crosswise; cut 2 small apples in slices crosswise, remove core and cook until tender in syrup from canned pineapple. Arrange lettuce on individual salad plates, on lettuce place a slice of pineapple, then one of orange, and then a slice of apple. Mix $\frac{1}{2}$ cup cream cheese with Vickery Dressing, force through pastry bag and tube on top of the apple in the shape of a cross. Pour the salad dressing on top of the cheese and serve at once.

Vickery Dressing. Mix $\frac{1}{4}$ cup powdered sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon mustard, 2 teaspoons paprika, $\frac{1}{4}$ teaspoon black pepper, and 2 teaspoons vinegar. Beat thoroughly while adding slowly $\frac{1}{2}$ cup oil and 2 tablespoons lemon juice.

DESSERTS AND SWEETS

Rhubarb and Strawberry Sauce. Wash 1 pound rhubarb and cut in small pieces. Sprinkle with 1 cup sugar and let stand several hours or over night. Cook slowly until tender, add 1 pint of strawberries washed and hulled, cook until strawberries are soft but not mushy. Serve cold.

Baked Honey Apples. Pare, halve, and core 4 medium sized apples, and arrange in a baking dish. Mix $\frac{1}{2}$ tablespoon flour, $\frac{1}{4}$ cup water, $\frac{1}{3}$ cup honey and stir well. Pour over apples, dot with 1 tablespoon oleomargarine sprinkle with cinnamon, and bake until almost done. Remove brown skins from $\frac{1}{4}$ cup shelled Brazil nuts. Chop, sprinkle with salt, and scatter over the apples. Bake until apples are soft and serve very cold.

Carrot and Orange Marmalade. Scrape sufficient carrot and put through food chopper to make 2 cups; add 1 orange cut in thin slices, barely cover with water and cook until tender. Add juice from 2 lemons, a small piece of grated ginger root, and 1 cup sugar. Cook slowly until thick, put in jars, and cover with melted paraffin.

Fruit Cocktail. Arrange in glasses, white cherries, cubes of pineapple, and sections of grapefruit. Pour over dressing made by mixing, for each cocktail, 2 tablespoons maraschino syrup, 1 tablespoon each pineapple syrup, cherry syrup, and lemon juice, and a few grains salt. Garnish with pieces of maraschino cherries arranged in the form of a Greek cross. Serve very cold.

Fruit Bliss. Boil $\frac{1}{3}$ cup sugar and $\frac{1}{3}$ cup water or fruit syrup 5 minutes. Pour over 1 egg yolk, cook over hot water until thick, stirring constantly. Add 2 tablespoons lemon juice and red color paste, and chill. Pour over 2 cups peaches, oranges, red cherries and strawberries or other fruit cut in pieces. Serve very cold.

Squash Pie. Mix $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon each cinnamon, ginger and nutmeg, 1 egg slightly beaten, $1\frac{1}{4}$ cups cooked and strained squash and $\frac{1}{8}$ cup milk. Bake in corn meal crust.

Corn Meal Crust. Grease a pie plate well. Cover with raw corn meal, giving the plate a rotating motion so that an even layer of the meal will stick to the plate about 1-16 of an inch in thickness. Fill the plate with squash pie mixture. Bake in a hot oven.

Apple Tart. Put 1 cup rolled oats twice through a grain mill or food chopper, add 1 tablespoon shortening, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ cup boiling water. Mix well, roll out and line a pie plate. Fill with apples pared, quartered and cored. Mix 2 tablespoons corn flour, $\frac{1}{4}$ cup corn syrup, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, and $\frac{1}{2}$ cup milk. Pour over apples, dot over with 2 tablespoons oleomargarine, and cook until apples are tender.

Oatmeal Pudding. Mix 1 cup cooked rolled oats, $\frac{1}{4}$ cup molasses, $\frac{1}{4}$ cup raisins, $\frac{1}{4}$ teaspoon cinnamon and 1 cup milk. Put in greased pudding dish and bake 40 minutes in a moderate oven, stirring two or three times during baking.

Newton Tapioca Pudding. Soak 5 tablespoons pearl tapioca two hours in cold water to cover. Pour 4 cups scalded milk over 4 tablespoons Indian meal and cook in double boiler twenty minutes. Add tapioca drained from water, $\frac{3}{4}$ cup molasses, 3 tablespoons butterine or chopped

suet, and $1\frac{1}{2}$ teaspoons salt; turn into buttered pudding dish, and pour over 1 cup milk, but do not stir. Bake one and one-half hours in a moderate oven.

Corn Pudding. Put popped corn through food chopper to make 1 cup. Add $2\frac{1}{2}$ cups milk scalded with $1\frac{1}{2}$ squares chocolate and let stand 1 hour. Add 1 egg and 2 egg yolks slightly beaten, $\frac{3}{8}$ cup maple karo, 1 tablespoon oleomargarine, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon vanilla and 15 candied cherries cut in small pieces. Bake in slow oven until firm. Cover with meringue made of 2 egg whites beaten with 2 tablespoons maple karo and $\frac{1}{4}$ teaspoon vanilla and garnish with cherries.

Cornstarch Peanut Pudding. Scald 2 cups milk, add 3 tablespoons honey or corn syrup, 3 tablespoons peanut butter, $\frac{1}{8}$ teaspoon salt and 4 tablespoons cornstarch, mixed together; stir until smooth, cover and cook twenty minutes in a double boiler. Turn into small moulds which have been wet with cold water. When firm remove from moulds, and garnish with marshmallow paste and chopped nuts.

Rice Pudding. Wash $\frac{1}{4}$ cup rice, add 3 cups milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup maple karo and pour into a greased pudding dish. Bake 3 hours in a very slow oven, stirring occasionally during the first hour of baking to keep rice from settling.

Chocolate Sauce. Cook $\frac{1}{2}$ cup corn syrup, 2 tablespoons sugar and $\frac{1}{4}$ cup water 3 minutes. Pour slowly onto 1 square chocolate that has been melted over hot water. Cool slightly and add $\frac{1}{4}$ teaspoon vanilla and a few grains salt.

Wallace Pudding. Pare, core and cut in pieces apple to make $\frac{1}{2}$ cup, put in chopping bowl with $\frac{1}{2}$ cup shortening and $\frac{1}{2}$ cup raisins and chop all together. Add $\frac{1}{4}$ cup molasses, and $\frac{1}{4}$ cup milk. Mix and sift 1 cup barley flour, $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon each mace, allspice, clove and cinnamon, $\frac{1}{4}$ teaspoon nutmeg and $\frac{1}{4}$ teaspoon salt. Combine mixtures, and steam 3 hours in greased, covered mold.

Karo Sauce. Boil $\frac{1}{2}$ cup Karo and $\frac{1}{4}$ cup water 5 minutes. Pour onto 1 egg white beaten stiff, add grated rind and juice of $\frac{1}{2}$ orange, $\frac{1}{2}$ tablespoon lemon juice, and a few grains salt.

Cocoanut Cheese Custards. Beat 2 egg yolks, add 3 tablespoons sugar, $\frac{1}{2}$ cup cottage cheese, $\frac{1}{2}$ cup cocoanut, grated rind 1 lemon, and $\frac{1}{4}$ teaspoon salt. Mix until very smooth; add slowly 1 cup milk. Bake until firm

in greased custard cups set in pan of hot water. Beat 2 egg whites until stiff and beat in gradually 1 heaping tablespoon marshmallow cream. Pile on chilled custards and serve.

Gingerale Sherbet. Mix in freezer 1 pint bottle gingerale, $\frac{1}{3}$ cup lemon juice, $\frac{1}{2}$ cup orange juice, $\frac{1}{4}$ cup pineapple syrup, 4 slices chopped canned pineapple, $\frac{1}{4}$ cup honey and $\frac{1}{3}$ cup sugar, and freeze.

Jelly Sherbet. Remove firm quince jelly from a glass, cut in thin slices and from each slice cut a small red cross. Melt remaining jelly and measure. To $\frac{1}{2}$ cup jelly add slowly 2 cups milk and 3 tablespoons lemon juice. Freeze, and serve in glasses garnished with jelly and chopped almonds.

Krumbles Ice Cream. Scald 2 cups milk, add $\frac{1}{2}$ cup maple karo, 3 tablespoons corn flour mixed with $\frac{1}{4}$ cup sugar and a few grains salt; stir until thickened and cook ten minutes. Add 1 egg yolk and $\frac{1}{4}$ cup krumbles or dry brown bread crumbs and cook one minute. Pour onto 1 egg white beaten stiff, cool, add $1\frac{1}{2}$ teaspoons vanilla and freeze.

Strawberry Coupe. Rub 1 cup canned strawberries or 1 box fresh strawberries with their syrup through a sieve. Add $\frac{1}{4}$ cup sugar or enough to sweeten to taste, $1\frac{1}{2}$ cups top milk, few grains salt and enough coloring to make a delicate pink. Freeze, using 3 parts finely crushed ice to 1 part rock salt. In a coupe glass put fresh or canned fruits cut in pieces, using bananas, oranges, peaches, pineapple, strawberries, or whatever fruits are most convenient. Cover with a thin layer of the strawberry ice cream and garnish with a whole strawberry and a piece of pineapple.

Prune Coupe. Serve small moulds of vanilla ice-cream with the following sauce: stone 1 cup prunes and cut in pieces, add 4 candied green plums and 6 candied cherries cut in small pieces. Remove the yellow peel from an orange and cut in fine strips. Mix $\frac{3}{4}$ cup orange juice, 2 tablespoons lemon juice and $\frac{1}{3}$ cup sugar and boil gently 15 minutes. Add the orange peel, the fruit and 3 tablespoons orange curacoa and let stand 1 hour or more in a cool place. Just before serving add $\frac{1}{2}$ cup pignolia nuts.

Marshmallow Bombe. Line a mold with strawberry ice, fill centre with marshmallow ice cream, cover with strawberry ice, with a sheet of greased paper, and with a tight tin cover. Pack in ice and salt using 4 parts ice to 1 part salt and leave until needed.

Marshmallow Ice Cream. Mix in a freezer $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup heavy cream and $\frac{1}{3}$ cup sugar. Set in hot water until luke warm, then add 1 junket tablet dissolved in 1 tablespoon cold water. When mixture becomes firm add 2 heaping tablespoons marshmallow cream and 1 tablespoon vanilla. Freeze using 3 parts ice to 1 part salt.

Strawberry Ice. Boil 1 cup sugar and 1 cup water 5 minutes. Wash and hull 1 quart box strawberries, rub through a sieve and then squeeze through cheesecloth. When syrup is cool add the strawberry juice and 1 tablespoon lemon juice. Freeze, using 3 parts ice to 1 part salt.

Stuffed Prunes. Steam and remove stones from 1 pound selected prunes. Stuff part of the prunes, each with another prune, stuff others with chopped salted nuts, or stuff with a mixture of 1 cup each raisins and walnuts, and 2 ounces (14) candied cherries. Then sprinkle prunes with powdered sugar and steam until glazed. Another suggestion is to stuff prunes with stiff orange marmalade. Roll in unbeaten egg white and then in granulated sugar.

Spiced Nuts. Beat the white of one egg slightly, add nut meats of any kind, stir until entirely covered with egg, put in dripping pan, sprinkle with salt, powdered clove and cinnamon. Bake in a hot oven until nuts are heated through, keep oven door open while baking and stir often that the nuts may not burn. Popcorn may be prepared in the same way.

Popcorn Nuggets. Put 1 cup molasses and $\frac{1}{2}$ cup corn syrup, in saucepan, bring to boiling point, and boil without stirring to 280° F., or until syrup will crack when tried in cold water, add $\frac{3}{4}$ teaspoon soda. Have ready a pan containing popped corn free from any hard kernels; pour candy over it, mixing thoroughly. Spread lightly on a buttered marble slab or large platter, and when firm cut in pieces, or break up in little bunches of three to six kernels of corn.

Corn Syrup Nougatines. Boil $1\frac{1}{2}$ cups light colored corn syrup and $\frac{1}{2}$ cup water to 240° F., or until it forms a firm ball when tried in cold water. Pour slowly onto a well beaten white of one egg beating constantly with a tennis racket whisk. Place bowl over water kept just below the boiling point and fold and turn 3 or 4 minutes. Remove from fire, add $\frac{1}{2}$ teaspoon vanilla or other flavoring, and continue folding until mixture is nearly cool. Add 1 cup of chopped salted peanuts or a mixture of any desired candied fruits and nuts. Spread out $\frac{1}{2}$ inch thick and cut in rectangular pieces.

ADDITIONAL RECIPES

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